HEALTH

Nearly 1 in 3 teens have prediabetes, CDC finds, in ‘wake-up call’

Experts note that not all progress to diabetes and ‘it’s not too late to change course’

Wong Maye-E/AP

By Elizabeth Cooney July 9, 2025

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About 1 in 3 young people who are 12 to 17 years old have prediabetes, new national data show, putting them at risk not just for type 2 diabetes but also for heart disease and stroke.

Developing chronic diseases early in life also heightens their chances for worse outcomes from these conditions.

Experts said the data reflect a concerning rise in obesity among teens, but also noted that not all teens with prediabetes will progress to diabetes.

The new report from the Centers for Disease Control and Prevention relied on the long-running National Health and Nutrition Examination Survey, which asked adolescents if they'd ever been diagnosed with diabetes and analyzed results of their fasting blood glucose or hemoglobin A1c tests. Its conclusion: In 2023, an estimated 8.4 million adolescents, or 32.7% of 12- to 17-year-olds, had prediabetes.